GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent
Baby Sitting Is Serious Business
This Part-Time Job Requires Good Skills

What is baby sitting? It is a responsibility. It is a good way to earn money. It can be a memorable experience - if you bring the right attitude and interest to the job.

Even veteran baby sitters may benefit from some basic considerations. And novices will get off to a good start and eventually become a sought after "expert".

What is Your Attitude toward babies and children? A good sitter enjoys them! She or he works at trying to understand each child's personality and at building good relationships. It helps to learn children's songs, rhymes, tricks and amusing games. A child who feels comfortable and confident with a sitter is more cooperative and also less likely to object to parents leaving. It is good to become familiar with the family and household routines.

Are you mature enough for the responsibility? A sitter should be dependable, use common sense in situations, be serious about her or his duties and able to combine authority with friendliness to minimize any discipline problems with toddlers and older children.

Are you businesslike? Duties should be discussed in advance as well as rate of pay, length of time involved and arrangements for getting home. Talk over privileges, such as snacks, phone, television. Generally speaking, a sitter should not bring guests to the job or allow friends to visit while on duty - and never without permission from the employer.

On a new job, arrive early. If you must be late or cancel an appointment, call in advance. Ask questions about routines - feeding, bathing, bedtime and also where necessary items and emergency phone numbers are located. Be prepared to write down messages and anything unusual that happens while parents or guardians are away. Inquire about any possible special problems, allergies or illnesses. In fact, it's a good idea to encourage a written set of instructions along with a phone number where guardians can be reached.

Are you knowledgeable about child care? To be a good sitter it is important to know the basic techniques of feeding, diapering, dressing, bathing and amusing infants and children. Taking care of younger brothers or sisters is a big help. Otherwise increase your skills by asking a friend with young children to give a few pointers or by helping in a church nursery or child-care center. There are many good books on child care and development, if you are interested.

Do you practice good cleanliness standards? Create a good impression by arriving on the job neatly groomed and wearing clean clothes. Washing hands frequently - before and after preparing meals, feeding children, changing diapers, using the toilet - is a must! A sitter should keep infants clean and help tots and young children wash face and hands, take a bath and change clothing when necessary. Clean up after using cooking utensils, bottles, nipples, feeding dishes and silverware. Either wash, rinse, dry and put these items away or place in dishwasher. Use a sudsy sponge to wipe up crumbs and spills from the table, countertops, plastic bibs and high chair feeding trays. Chair, tray and tot may all need washing if the child is a beginning self-feeder.

Are you safety-minded? A cardinal rule for baby sitters is never to leave baby or young child unattended. Even when the youngster is asleep, check in now and then.

Accidents are often avoidable if a sitter is on the scene and ready to take action. Be very much aware that a baby or young child can easily fall from a bed, table, high chair, sofa, stairways - almost anything. Make sure bars on cribs are securely locked and there is nothing inside the crib on which an infant or child could suffocate.

Toddlers are known for getting into everything, so take precautions. Keep sharp items, cleaning supplies and medicines out of their reach. When cooking, turn utensil handles in towards the center of the range. Close doors and drawers, watch toddlers around lamps, cords and electrical outlets. Do not allow a child near any flame or source of heat. Keep ashtrays, matches and cigarettes away from children.

Before giving a child toys to play with, check to be sure that there are no loose parts or jagged edges. Have toys put away after playtime.

Unless a child is in a playpen or some other enclosure, take her or him with you when leaving the room.

There is another side to safety. Keep doors locked from inside and do not admit strangers no matter who they claim to be. It is also wise not to give out information to unknown phone callers. If you have reason to be frightened by phone calls or unknown visitors, get help promptly. Should an accident occur, other than minor scratches and scrapes, call the parents or a neighbor whose number is on the emergency list. In case of a severe accident, call the doctor or ambulance service.

RECIPE OF THE WEEK
Copper Pennies

2 lbs. carrots, cut in ¼ inch crosswise pieces
1 can tomato soup
½ cup salad oil
1 cup sugar
¾ cup vinegar
1 teaspoon prepared mustard
1 teaspoon Worcestershire Sauce
Salt & pepper to taste
1 small bell pepper, sliced
1 medium onion, thinly sliced
Cook carrots until tender and drain. Combine soup, oil, sugar, vinegar, mustard, Worcestershire sauce, salt and pepper; beat well. Add carrots, bell pepper and onion, marinate for 12 hours. Yield:12-20 servings.

Will Attend Southern States Meeting

James R. Ford, Jr. of Appomattox will represent Southern States Cooperative members in the Appomattox areas (s) at the cooperative's district election meeting to be held Oct. 1 at the Sheraton Motor Inn in Lynchburg. Dan G. and Ronald Coleman co-managers of the local Southern States retail outlet will also attend.

The session will elect a member of the cooperative to serve on its Board of Directors for the next three years. The member elected will be confirmed at the cooperative's 52nd annual stockholder's meeting in Richmond, on November 12 and 13. The group will also select a nominating committee for the 1978 electon meeting.

The program for the Lynchburg meeting will include a talk by R. W. Bryan, the cooperative's director of member and institutional relations, who will discuss "Why Capper-Volstead?"

R. R. Feagans of Roanoke, a regional manager for Southern States will be in charge of arrangements for the meeting.

APPOMATTOX MIDDLE SCHOOL CAFETERIA MENU

Mon., Sept. 29 - Barbecue on bun, whipped potatoes, string beans, peaches, milk.

Tues., Sept. 30 - Brown, hound, cole slaw, potato chips, strawberry shortcake, milk.

Wed., Oct. 1 - Fish square W/Cheese wedge, french fried potatoes, corn, school made loaf bread, cookie, milk.

Thurs., Oct. 2 - Baked chicken, whipped potatoes, green peas, fruit, school made bread, milk.

Fri., Oct. 3 - Chili Beans, tossed salad, fruit W/Cookie, school made bread, milk.

Film To Be Shown By The Appomattox Baptist Youth Association

The Youth Committee of the Appomattox Baptist Association will be showing the movie **MY SON, MY SON** on Saturday evening, Oct. 4, at the Appomattox County High School auditorium at 7:30 p.m. The public is invited to attend.

In a day when many Christian parents search for answers, this film offers some needed suggestions and guidelines. It is the true story of Bernard Palmer and his son Barry. After Barry's mother died his father remarried. Barry rejected his stepmother and as he grew older he rebelled in many ways. Barry's behaviour brought heartache and embarassment to the Palmer household. Post midnight telephone calls, humiliating visits to the local jail, and the inevitable community gossip were hard to bear. Maybe you can identify with such difficult parent-child relations and you would like to see what happened to Barry Palmer.

Well, it was only after the pursuit of his rebellion had all but swung full course before Barry, like the prodigal Son, come to the end of himself and realized he must have a new beginning. It was the realization of that new beginning in God's love and forgiveness found in Jesus the Christ that brought Good News to the Palmers' Life. Maybe you would like such an experience in your family relationship also. We encourage you and invite you to come and see with us this great story of God's gift of a new beginning.

Also featured on the evening program will be the Youth Choir from the Liberty Baptist Church in Appomattox, Va. There is no admission fee.

DECA Officers Met

Officers of the Appomattox County High School Chapter of Distributive Education Clubs of America (DECA) met Tuesday, Sept. 16 at the High School. Groundwork was done for the coming years chapter activities. These activities include plans for monthly meetings, district officers training, fall rally, float for the Homecoming parade and District and State leadership conferences. Also discussed were ideas for a dance and fashion show/beauty contest.

Bud Moses, president, is really excited about the prospects for an outstanding year for the chapter. He set goals for the school year that include more publicity of chapter activities, 100% participation in district competitive events, and preparation of a chapter activities manual that depicts all the events of this year.

Other officers for the year are Alan Harris, vice-president; Virginia Smith,secretary; Nancy Gentry, reporter.A treasurer and parliamentarian will be elected at the first chapter meeting.

ADDING MACHINE TAPE: for sale at the **Times-Virginian,** phone 352-8215. 9-11-tf

HOLLYWOOD

Rev. Paul Balthaser brought a fine message to our people at Hollywood Sunday night.

Mr. John Reese and Rev. and Mrs. Paul Balthaser and family had some of their friends visiting them for the week end.

Mrs. P. C. Nickols and Mrs. Sam Powell of Halifax and Mrs. Gray Snow from South Boston spent Sunday with Mr. and Mrs. L. H. Watson.

Mr. Walker Webb is a patient in Virginia Baptist Hospital. We wish for him a very speedy recovery.

Mr. Kenneth Wingfield, of Roanoke, spent the week end with relatives and friends on Rt. 2 in Appomattox.

We were very glad to see Mrs. David Franklin at church Sunday.

Mr. and Mrs. Henry Adcock, of Pembroke, Ky., and a couple of their friends of Radford visited Mrs. Mary Bagby Friday.

Mr. and Mrs. Buddy Reed of Lynchburg, visited Mr. and Mrs. Kenneth Deaner and family Wednesday night.

Everybody had a good time at the Sunday School. Picnic at Hollywood church Saturday evening.

We were very sorry to hear of the death last week of Mrs. Ethel Ferguson Paulette. We extend our sympathy to each of her loved ones.

We are glad Miss Joannie Elder is home from the hospital and is improving nicely.

Mr. H. W. Jenkins and Mr. and Mrs. James Woodall were supper guests of Mr. and Mrs. Twyman Baldwin Saturday night.

Mrs. Mary Bagby was a dinner guest Sunday of Mr. and Mrs. Thomas Woodall and Lisa at Parkway.

Mr. and Mrs. R. G. Austin and Tom, Mrs. Thomas Woodall and Mrs. Mary Bagby were visitors Sunday evening of Mrs. C. R. Banton.

Mr. and Mrs. Scott Sheets, Mr. Monroe and Richard Webb visited Mr. Walker Webb at Virginia Baptist Hospital Sunday afternoon.

Mr. and Mrs. Rufus Wingfield of Roanoke, spent a few days last week at their home in Appomattox.

Mr. and Mrs. Joe Goin and grandchild visited Mrs. C. R. Banton and Mrs. Mable Gilbert one night last week.

Jordan News

"Blessed is everyone that feareth the Lord; that walketh in his ways." Psalms 128:1

Sunday School each Sunday at 10 a.m.

Preaching each fourth Sunday at 11:30 a.m.

There will be a program at the Jordan Baptist Church this Sunday night at 7:30 p.m.

On the first Sunday night in October at 7:30 p.m. there will be a special singing program here. Appearing on this program will be the S. C. Terry Community Male Chorus, the Ethel Ferguson Paulette. We extend our sympathy to each of her loved ones.

We are glad Miss Joannie Elder is home from the hospital and is improving nicely.

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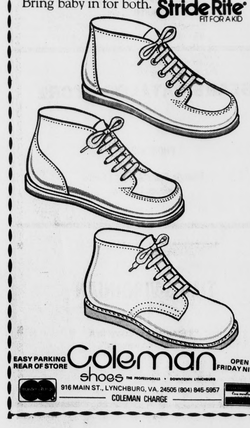

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photo by Joe Vaughan

MISS KATHERINE ANN MITCHELL

Engagement Is Announced

Mrs. Theodore (Teddy) L. Mitchell, of Appomattox, announces the engagement of their daughter, Katherine Ann to Mr. Dennis Vaughan, II, son of Mr. and Mrs. J. Franklin Vaughan, of Spring.

Miss Mitchell is a 1974 graduate of Appomattox County High School and presently a junior at Virginia Baptist Hospital School of Nursing.

Mr. Vaughan is a 1973 graduate of Appomattox County High School and is employed by the Times-Virginia Printing Corporation.

The wedding will be an event of Saturday, December 27, 1975 at the evening at Liberty Baptist Church.

Young Homemakers Meeting

Mr. Bob Stubblefield from the Lynchburg Social Service Department was the guest speaker at the Appomattox County Young Homemakers meeting on Sept. 18. Mr. Stubblefield gave a brief explanation of the Social Service Department and then spoke on child abuse and other related areas.

Mrs. Jeanette Drinkard, chapter president, reminded the chapter members to meet at the Fidelity Branch Bank at 6:30 a.m. on Saturday, Nov. 1, to go to Williamsburg. The next monthly meeting will be Nov. 13 at 8:00 at the home of Mrs. Cindy Ranson. Mrs. Jane Smith will be in charge of the program.

To Sponser Bake Sale

The Ladies Auxilary of the A-ppomattox Pentecostal Holiness Church will sponser a Bake Sale on Friday afternoon. September 26 at 3:30 in front of Revco.

HELP US - HELP YOU
Donate To The Appomattox County Rescue Squad

UDC Met Sept. 18

Members of the Appomattox Chapter, United Daughters of the Confederacy met on September 18th at 7:30 p.m. at the Farmers National Bank, Triangle Plaza Branch for their regular monthly meeting.

Mrs. Lena Eversole, president of the organization, announced that in June five members attended the "Massing" of the Flags held in Richmond commerating the birthday of Jefferson Davis. Members attending were Lena Eversole, Mary Moore, Helen Gunter, Ruby Lewis and Louise Plunkett. These ladies were dressed in 1865 costume and their picture appeared in the United Daughters of the Confederacy Magazine.

On October 7th through October 9th, the U.D.C. Division Convention will be held in Richmond at the Howard Johnson Motel. Two members plan to attend.

Using as her topic, "Confederate Air Power", Mrs. Lucille Ferrell was speaker for the evening.

Members enjoyed delicious refreshments served by the hostess, Mrs. Frances Wingback, Miss Mamie Cullop, Mrs. T. M. Cunningham, Mr. C.D. Hill, Mrs. Walter Hughes, Mrs. Mary Sue Gordon, and Mrs. Harry Woodson.

The October meeting will be held on the 16th at 7:30 p.m. at the Farmers National Bank, Triangle Plaza Branch.

Mrs. Tilden Lee, Reporter

APPOMATTOX PRIMARY SCHOOL CAFETERIA MENU

Mon., Sept. 29 - Bologna sandwich, mashed potatoes, gravy, green peas, cake, sauce, milk.

Tues., Sept. 30 Ravioli, slaw, potato chips, rolls, butter, fruit, milk.

Wed., Oct. 1 - Barbecue on bun, string beans, peanut butter cracker, jello, topping, milk

Thurs., Oct. 2 - Hamburger on bun, lettuce & tomato salad, potato puffs, fruit, milk

Fri., Oct. 3 - Soup, chicken noodle and vegetable, crackers, toasted cheese sandwich, ice cream, milk.

Announce Birth

Mr. and Mrs. Paul Henry Johnson of Lynchburg, are proud to announce the birth of a seven pound, five ounce daughter, Barbara Renee on September 21, 1975 at the Virginia Baptist Hospital.

Maternal grandparents are Mr. and Mrs. Curtis H. Price of Pamplin and paternal grandparents are Mr. and Mrs. Paul Edward Johnson of Lynchburg.

OAKVILLE HD TO MEET

The Oakville Extension Homemakers Club will meet Thursday, Oct. 2, at 1:30 p.m. at the home of Brenda Phelps. The program is on How to Make Nut Rings. It will be presented by Elaine Moore.

All members are urged to attend.

Society News

IF YOU HAVE SOCIAL ITEMS, PLEASE CALL 352-8215

Tony Guill and Gary Carter began classes on Monday of this week at the Institute of Technology in Columbus, Ohio. Tony and Gary are both 1975 graduates of Appomattox County High School.

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Mr. and Mrs. Eddie Barron of Arlington spent the week end with her mother, Mrs. G. Lewis Doss. While here, Mr. Barron participated in the Virginia 10-Miler in Lynchburg on Saturday and came in fourth place in his division.

Mr. and Mrs. Alvin Hudson of Roxboro, N.C., spent several days last week with his sister, Miss Mabel Hudson.

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Mrs. G. Lewis Doss is spending two weeks in Arlington with her son-in-law and daughter, Mr. and Mrs. Eddie Barron.

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Miss Mabel Hudson, Mrs. Margaret Wooldridge, J. Lloyd Hudson and Mr. and Mrs. Alvin Hudson of Roxboro, NC spent Friday of last week in Culpeper where they visited their sister, Mrs. Lucille Blanks at the Baptist Home.

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Mrs. Ellen Jamerson is a patient in Virginia Baptist Hospital where she underwent surgery.

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Mr. and Mrs. Francis Elliott of Elliott Florist attended the Southern Retail Florist Design School last Tuesday and Wednesday, Sept. 16 & 17 in Charlotte, N.C.

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J. Lloyd Hudson returned home Wednesday after spending several days in Clarksville with relatives.

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Mrs. Louise Puckett was guest of honor at a birthday supper given her by Jean and Debbie Puckett at the home of Mr. and Mrs. Junior Puckett.

• • •

Mrs. George Dalton was a regent guest in the home of her mother, Mrs. C. W. Slayton, Sr. While here they visited in the homes of Mr. and Mrs. C. W. Slayton,Jr. and Mrs. Leonard Tuck, all of Lynchburg. They also attended the 25th wedding anniversary of Mr. and Mrs. Horton Southall. Mrs. Dalton returned to her home in Oxon Hill, Md. on Monday.

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Mrs. Lena Hanenkrat is a patient in the Lynchburg General Hospital where she is undergoing treatment.

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Mrs. Mary Dickerson from Lynchburg, visited Mrs. Annie Warriner last week end.

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Mr. Chester Smith is here visiting Mr. and Mrs. Edsel Smith.

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Mr. and Mrs. Dan Clapp and Larry, of Richmond, visited Mrs. H. B. Cralle over the week end.

• • •

Mrs. Ben Neill, Misses Nina Pratt and Cindy Talbert, of Roanoke, Va., visited Mrs. H. B. Cralle on Sunday.

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Recent guests in the home of Miss Mamie Cullop were Mr. and Mrs. J. H. Parker of Pasco, Wash.

• • •

Mr. and Mrs. Paul Bugg and Hugh and Mr. and Mrs. T. R. Kestner visited Natural Bridge recently.

• • •

Mr. and Mrs. Paul Bugg and Nadine spent Saturday in Roanoke. Hugh Bugg spent Saturday in Richmond and attended the University of Richmond Ferman College football game.

Revival Services Set At Beulah

Beulah Baptist Church, Rt. 1, Brookneal will have its Fall Revival beginning September 28 and continuing through October 3, inclusive.

Guest evangelist for the week of revival will be the Rev. R. E. McDowell, a well-known minister and pastor of Bethel Baptist Church.

Along with some excellent preaching during this week, there will also be special music each night. Services will begin at 7:30 p.m. and the public is invited to attend.

APPOMATTOX ASSOC. FALL WMU MEETING SET

The Fall Group Meeting of Group I, W.M.U. of the Appomattox Association will be held Oct. 8, 1975 at Rocky Baptist Church beginning at 10:30 a.m.

Lunch will be served by the host church.

Samuel James, missionary who served in Viet Nam, will be the guest speaker for the program.

The meeting will be followed by lunch.

Engagement Is Announced

Mr. and Mrs. Edward F. O'Brien of Appomattox announce the engagement of their daughter, Linda Carol, to G. Howard Gregory of Richmond, son of Mrs. J. Harvey Crew and the late George Dabney Gregory of Lynchburg.

Miss O'Brien is a graduate of Appomattox High School and Phillips Business College.

Mr. Gregory is a graduate of E. C. Glass High School, LaSalle University, Central Virginia Community College, and is a member of the Virginia State Police.

A fall wedding is planned.

County Line

The Homecoming at Central Church on Sunday was a big success. Rev. W. H. Elder brought a wonderful message and the singing was great.

Mr. Victor Jones and son, Nelson, of Newport News, were here for the homecoming on Sunday.

Mr. Howard Jordan and family of North Carolina, visited relatives and attended the homecoming at Central Sunday.

Mr. and Mrs. Bob Miniates of Lynchburg, visited Mr. and Mrs. Berkley Mayberry Sunday.

Mrs. Alta Hopkins visited Mr. and Mrs. Dean Pugh Sunday.

Mrs. Iris Carter and Hilda Jones of Richmond, attended the homecoming and visited Mrs. Pearlie Jones in the afternoon.

Mr. and Mrs. Paul Coleman visited Mrs. Laura Ferguson Sunday.

Mr. and Mrs. Robert Mann and family, of Fredericksburg, spent the week end with Mr. and Mrs. Henry Mann and Ryland and attended the homecoming on Sunday.

Mr. and Mrs. Loyd Nash spent the week end with Mr. and Mrs. Elliott Nash and Dawn and attended the homecoming at Central.

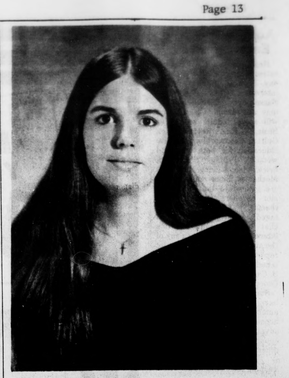
Mrs. Courtney Mann returned from the hospital last week. We wish for her a speedy recovery.

Mr. Twyman Nash spent Sunday at Camp Pickett.

We wish Mrs. Clarence Jones' sister and brother a speedy recovery. They are both in the hospital.

Mr. and Mrs. Alvin Goggin and family were here for the homecoming, so nice to see friends again.

Mr. and Mrs. Nelson Mann and boys visited Mr. and Mrs. Billy Moore Sunday night.



MISS DEBORAH PUCKETT

Engagement Is Announced

Mr. and Mrs. Herman Puckett of Spout Spring have announced the engagement of their daughter, Deborah, to Emmitt Knight, son of Mr. and Mrs. Emmitt Knight, Sr. of Appomattox.

Miss Puckett and Mr. Knight are both graduates of Appomattox County High School.

The wedding will take place December 6, 1975 at 7 p.m. in the Spout Spring Baptist Church.

Although no invitations are being sent, all friends and relatives are invited.

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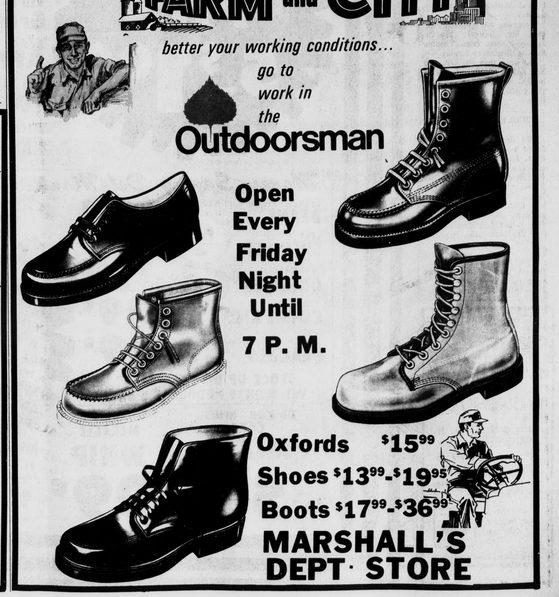

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